





These are the training secrets the competition doesn't want you to know!

"Who Else Wants to Discover How To Train For A Sprint Triathlon In Just 9 Weeks- And Swim Easier, Cycle Stronger, and Run Faster in the Process?"

At Last! Everything You Ever Wanted to Know About Training for a Sprint Distance Triathlon – Revealed!

From: Kevin Koskella & Ron Saetermoe

Triathlon & Swim Coaches

#### Dear Friend,

- ✓ Did you just enter a sprint triathlon, but you have no idea how to train for it?
- ✓ Do you feel excitement at the thought of completing a sprint triathlon- or beating your times?
- Are you interested in learning the best, fastest, and easiest way to train for your race so that you maximize your potential, without spending a lot of money on coaching and equipment?

If you answered "yes" to any of the questions above, then this may very well be the most exciting message you've read all day. Here's why...

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